

## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-12-11)

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### 100289 – FIGS, DRIED, PIECES, 1 LB

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B dried fig pieces, 3/8", rice flour coating.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>24/1 lb bags.</li> <li>One 1 lb bag AP yields about 3 cups dried fig pieces and provides about 11 1/4-cup servings of dried fruit.</li> <li>CN Crediting: 1/4 cup dried fig pieces provides 1/4 cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store dried fig pieces in a cool, dry place, off the floor and away from walls to allow for circulation of air.</li> <li>To maintain freshness once a bag has been opened, tightly close the package.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Dried fig pieces may be eaten plain or in a variety of dishes.</li> </ul>



### Nutrition Information

Figs, dried, pieces

	¼ cup (40 g)	½ cup (80 g)
Calories	130	260
Protein	2 g	4 g
Carbohydrate	31 g	62 g
Dietary Fiber	5 g	10 g
Sugars	20 g	40 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.31 mg	2.62 mg
Calcium	55.26 mg	110.52 mg
Sodium	5.31 mg	10.62 mg
Magnesium	24 mg	48 mg
Potassium	260 mg	520 mg
Vitamin A	4.05 IU	8.1 IU
Vitamin A	1.23 RAE	2.46RAE
Vitamin C	0.28 mg	0.56 mg
Vitamin E	0 mg	0 mg



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### 100289 – FIGS, DRIED, PIECES, 24 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Dried fig pieces are ready to eat or may be added to rice dishes, hot or cold cereals and baked items. They may be combined with nuts or granola to make a trail mix.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Visually inspect for presence of foreign substances, insects or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

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